

Amendments to the claims

This listing of claims replaces all prior versions of claims in the application.

1. (currently amended) A method of ~~alleviating the~~ relieving the potential for symptoms of ear and sinus cavity blockage in a descending aircraft, comprising:

ingesting a nasal decongestant at least one hour before the scheduled aircraft landing time, for non-specific shrinking of the nasal lining; and

applying a nasal decongestant spray into the nose later in flight than the ingestion of the nasal decongestant, to shrink the nasal lining;

wherein the ingested and sprayed decongestants help to shrink the mucosa, including at least the nasal lining, to decrease the pain associated with blockage as an aircraft descends.

2. (original) The method of claim 1 wherein the ingested nasal decongestant comprises pseudoephedrine.

3. (original) The method of claim 2 wherein the pseudoephedrine dose is about 60 mg.

4. (original) The method of claim 1 wherein the sprayed nasal decongestant comprises phenylephrine.

5. (original) The method of claim 4 wherein the phenylephrine is in up to about a 1% concentration.

6. (original) The method of claim 1 wherein the sprayed nasal decongestant comprises oxymetazoline.

7. (original) The method of claim 6 wherein the oxymetazoline is in up to about a 1% concentration.

8. (original) The method of claim 1 wherein the ingestion step takes place within about six hours of the scheduled aircraft landing time.

9. (currently amended) The method of claim 1 wherein the spray step takes place within about one hour of the scheduled aircraft landing time.

10. (currently amended) A method of ~~alleviating the~~ relieving the potential for symptoms of ear and sinus cavity blockage in a descending aircraft, comprising:

ingesting about 60 mg of pseudoephedrine at least one hour before the scheduled aircraft landing time, for non-specific shrinking of the nasal lining; and

applying a nasal decongestant spray into the nose after the pseudoephedrine ingestion and within about one hour of scheduled landing time, to shrink the nasal lining;

wherein the ingested and sprayed decongestants help to shrink the mucosa, including at least the nasal lining, to decrease the pain associated with blockage as an aircraft descends.

11. (original) The method of claim 10 wherein the sprayed nasal decongestant comprises phenylephrine.

12. (original) The method of claim 1 wherein the sprayed nasal decongestant comprises oxymetazoline.

13. (currently amended) A kit for use in ~~alleviating the~~ relieving the potential for symptoms of ear and sinus cavity blockage in descending aircraft, comprising:

a first medication comprising an oral nasal decongestant;

a second medication comprising a nasal spray decongestant; and

instructions for the user to ingest a proper dose of the oral nasal decongestant at least one hour before the scheduled aircraft landing time, and to subsequently spray the nasal spray decongestant into at least one nostril within about one hour of the scheduled landing time;

wherein the ingested and sprayed decongestants help to shrink at least the nasal lining, to decrease pain associated with blockage as the aircraft descends.

14. (original) The kit of claim 13 wherein the ingested nasal decongestant comprises pseudoephedrine.

15. (original) The kit of claim 14 wherein the pseudoephedrine dose is about 60 mg.

16. (original) The kit of claim 13 wherein the sprayed nasal decongestant comprises phenylephrine.

17. (original) The kit of claim 16 wherein the phenylephrine is in up to about a 1% concentration.

18. (original) The kit of claim 13 wherein the sprayed nasal decongestant comprises oxymetazoline.

19. (original) The kit of claim 18 wherein the oxymetazoline is in up to about a 1% concentration.

20. (original) The kit of claim 13 wherein the instructions comprise ingesting the first medication within about six hours of the scheduled aircraft landing time.